

# Milpitas Senior Center

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Senior Center

Monday-Friday, 9:00 am-4:00 pm

540 S. Abel St. (temporary location) • (408) 586-2775

TDD (408) 942-3292 • Mailing Address: 457 E. Calaveras Blvd.

If you're looking for a place to have fun, come on down to the Milpitas Senior Center! For more information on upcoming events and programs, call and request a copy of the "Senior Connection" newsletter.

## Programs & Events

- Senior Nutrition Lunch Program
- Live Entertainment
- Monthly Birthday Parties
- Monthly Dances
- BINGO on Wednesdays
- Day and Overnight Trips
- Potluck Dinners
- Movie Nights
- Classes:
  - Guitar
  - Ballroom, Tap, Hula, Country-Western Line Dance
  - Oil Painting
  - Sing-Alongs
  - English for Chinese-speaking taught by Chinese-speaking instructor

Many classes are also offered in Mandarin, such as Chinese Opera, Karaoke, Calligraphy and Citizenship.

## Senior Services Available

- BART Passes
- Bookmobile
- Blood Pressure Checks
- County Transit Stickers
- Financial & Tax Advice (Feb-April)
- Hearing Tests & Hearing Aide Cleaning
- Insurance Billing (HICAP)
- Legal Assistance (SALA)
- Project Match - home sharing
- Taxi & Van services

## Case Manager Available

- Social Services: Medicare, Medi-Cal, Social Security,
  - In-Home health care needs
  - Transportation
  - Housing
  - Nutrition
- Call (408) 586-2785

## Now on Sale!

### 2003-2004 Senior Center Activity Cards

The new Activity Cards are available to purchase. Activity Cards are required in order to participate in any Senior Center trip or class. Activity Cards are \$8.00 (\$6.00 Milpitas residents) and are valid through June 2004. With this Activity Card holders get the Senior Center Newsletter mailed to them, supplemental insurance coverage while attending Senior Center sponsored activities, and a discount on some events and activities. You can purchase your activity card at the Milpitas Senior Center. Call (408) 586-2775 for more information.

Complete the enclosed Activity Card Application and return it, with payment to the Senior Center office.



*Milpitas Senior Center ...  
where you're never alone!*



# MAY IS "OLDER AMERICANS MONTH"

Come Celebrate Older Americans Month with the Milpitas Senior Center. Join us for trips, entertainment and a special celebration!

## Activities Planned for May 2003:

- May 2: Ice Cream Social at 1:00 pm
- May 5: Monday Matinee "Maid in Manhattan", 1:00 pm
- May 8: Mother's Day Celebration
- May 9: Wally's Rhythm Rascals
- May 10: Day Trip - Teddy Roosevelt Adventure Trip
- May 13: Monthly Birthday Party Celebration
- May 15: Health Talk - "Arthritis," Potluck Dinner, 5:00-7:00 pm
- May 17: Saturday Dance and BBQ
- May 19: Monday Matinee "The Banger Sisters", 1:00 pm
- May 22: Older Americans Month Health Fair, 9:00-11:30 am, Afternoon Dance with Nostalgia Combo
- May 23: Memorial Day Remembrance
- May 24: Day Trip - Sacramento Dixieland Jubilee
- May 29: Guest Speaker "Proven People" - Employment Services for Older Adults age 55 and Older
- May 30: Wally's Rhythm Rascals

*For detailed information on the listed activities, please refer to the inside pages of this newsletter.*

## Trips for Seniors

Below are just a few trips offered this year.

### Day Trips

- Sacramento Dixieland Jazz Jubilee  
Saturday, May 24 8:00 am-7:30 pm \$35 Deadline: May 14
- NASA Tour  
Tuesday, June 10 8:30 am-1:00 pm \$8 Deadline: June 3
- Black Oak Casino  
Monday, June 16 7:45 am depart \$15 Deadline: June 9
- Spirit of Sacramento and Office of Emergency Services  
Thursday, June 19 7:00 am-5:30 pm \$55 Deadline: June 9
- Black Oak Casino  
Monday, July 21 7:45 am depart \$15 Deadline: July 14
- San Jose Giants Baseball and BBQ  
Thursday, July 31 11:30 am depart \$25 Deadline: July 18
- Art Lovers Trip to Carmel  
Tuesday, August 26 8:30 am-4:30 pm \$15 Deadline: August 19
- Black Oak Casino  
Monday, September 15 7:45 am depart \$15 Deadline: July 14
- Black Oak Casino  
Monday, October 20 7:45 am depart \$15 Deadline: October 13

### Overnight Trips

- Reno Trip (2 days)  
Depart: Sunday, June 1 \$47/\$60 db/sngl occupancy Deadline: May 23
- Reno Trip (2 days)  
Depart: Sunday, August 3 \$47/\$60 db/sngl occupancy Deadline: July 25
- Coastal New England (8 days)  
Depart: Sunday, August 10 \$1949/\$2499 db/sngl occupancy Deadline: June 10
- Mackinac Island & Niagara Falls (8 days)  
Depart: Sunday, August 10 \$1,699/\$2,099/\$1,689 db/sngl/trpl occupancy Deadline: June 17
- Reno Trip (2 days)  
Depart: Sunday, October 5 \$47/\$60 db/sngl occupancy Deadline: Sept. 26
- Heritage Highlights (8 days)  
Depart: Sunday, October 12 \$1,849/\$2,399 db/sngl occupancy Deadline: August 4

For detailed information on these trips, call the Milpitas Senior Center at (408) 586-2775.

## Monday Matinee

Join us for an afternoon movie and popcorn. Come for lunch and stay for the free movie and popcorn immediately after lunch. The movie begins at 1:00 pm.

- May 5 "Maid in Manhattan"  
 May 19 "The Banger Sisters"  
 June 9 "My Big Fat Greek Wedding"  
 June 23 "Tuck Everlasting"



## Potlucks & Activities

- May** **Lasagna**  
 Thursday, May 15, 2003, 5:00 pm.  
 Movie at 6:00 pm.  
 Sign-up deadline: Tuesday, May 13
- June** **BBQ Chicken**  
 Thursday, June 19, 2003, 5:00 pm.  
 Movie at 6:00 pm.  
 Sign-up deadline: Tuesday, June 17



### Potluck Details:

A dinner with drinks and place settings will be provided. Participants are asked to bring side dishes, such as vegetables, salads, bread and desserts, enough to serve 6 people. There is no fee for Activity Card holders, guests pay \$2.00 for the dinner. Following dinner, guests are invited to stay for the activity. Sign-up in the office or call the Senior Center at (408) 586-2775. Fee must be paid at sign-up. *A minimum of 20 sign-ups are required, so sign-up now!*

## Saturday Dance & BBQ

**Saturday, May 17**

**Doors open at 2:00-4:30 pm**

Kick up your heels and celebrate Older Americans Month at our annual dance and barbecue. "Four Pennies and A Token" will be our featured band for an afternoon of dancing. We will begin serving Santa Maria Tri Tip Beef Barbecue at 2:45 pm.

Rides are available (\$1.00 round trip). Tickets for dance and BBQ are on sale now in the office.



**Activity Card Holders \$6.00**

**Guests & all tickets purchased day of event \$8.00**

## Health Talk -

### Arthritis Seminar

**Thursday, May 15, 2003**

**11:00 am**

#### Milpitas Senior Center

Representative Sonia Kahanna of Bioved, a locally based company, will discuss the symptoms of arthritis. The talk will include a discussion of how to relieve the pain of both osteoarthritis and rheumatoid arthritis.

## Independent Lifestyle Association

### Helping You Save Money!

**Thursday, June 19, 2003**

**11:00 am**

#### Milpitas Senior Center

Would you like to save on your Vision Care and Prescription Medication? Independent LifeStyle Association, Inc., offers different benefit programs for seniors that will help save them money.

The two following programs will assist you in saving money on your medical expenditures. The **Prescription Savings Plan** offers valuable savings with no maximum benefits, no waiting periods, no claim forms and no deductibles. The **Vision Care Program** offers immediate savings on your eye care needs.

In addition to these valuable services, Independent Lifestyle Association also has a 24-Hour Emergency Alert Program for those who have severe illnesses.

Mike Drozen, a representative from Independent LifeStyle Association, will be available to answer your questions and help those interested in signing up for any of their offered programs.

**California Telephone Access Program**

This program is designed to help seniors with vision problems, hearing difficulties, and / or problems with mobility / manipulation, speech or cognitive thinking. Those who qualify will receive a free telephone with different features to assist with their impairment. All applicants must have their doctors verify their impairments on an application form. This program is funded by a small surcharge that appears on all Californian's telephone bill. The money collected from this surcharge pays for both the equipment program and the California Relay Service.

Here are some examples of available equipment:

- Telephones with big numbers for those visually impaired.
- Telephones with assisted devices for those who have had laryngectomy or other speech difficulties.
- Telephones with remote controls or cordless phones for those with walkers or wheelchairs, extreme shortness of breath and cannot move fast, who are paralyzed or cannot get out of bed without assistance.
- Telephones with memory and/or speed dial or alternative equipment for those who have difficulty dialing a series of numbers.

For more information, contact Lechi Nguyen, Senior Center Case Manager, at (408) 586-2785.

**Senior Alert Program for Milpitas Residents**

The free Senior Alert Program, provided by the Milpitas Police Department, is a system which provides automatic, daily check-up calls for home-bound and Senior residents. The system monitors whether a call is successfully received and, if a problem occurs, issues a series of emergency alert calls. This important program is provided to the seniors of the Milpitas community for no charge. Milpitas residents may pick up an application at the Senior Center. Send the completed form to the Milpitas Police Department. For more information, call the Senior Center at (408) 586-2775, or the Milpitas Police Department at (408) 586-2525.

**Urgent Help for High PG&E Bills**

There are many programs available to assist seniors, low-income or disabled persons in paying electricity and gas bills who meet the monthly income requirements as follows:

Household of 1 person monthly income equal to or less than .....	\$1,643.34
Household of 2 people monthly income equal to or less than .....	\$2,149.01
Household of 3 people monthly income equal to or less than .....	\$2,654.67
Household of 4 people monthly income equal to or less than .....	\$3,160.34
Household of 5 people monthly income equal to or less than .....	\$3,665.52
Household of 6 people monthly income equal to or less than .....	\$4,171.59

Three programs are available to assist those who meet the above income guidelines:

**Home Energy Assistance Program (H.E.A.P.):** Assists low income people once a year. PG&E bills have to be more than 5% of household income. For those whose utilities bills are included in rent (such as mobile home) bring in the current rent receipt for mobile home instead.

**R.E.A.C.H. Program:** Assists low-income people when at risk of having PG&E services shut-off.

**C.A.R.E. Program:** Gives 15% discount on monthly PG&E for low income people. Call 1-800-278-5472 for a C.A.R.E. Program application.

The Salvation Army in Milpitas has also started working again to help low-income families with PG&E shut-off notices, emergency food, and motel vouchers. Salvation Army in Milpitas is located at 220 S. Main Street, (408) 946-8487.

If you would like more information, call Case Manager Lechi Nguyen, Milpitas Senior Center at (408) 586-2785.